

**TRACEN Petaluma CACFP WEEKLY- CHILD MENU (1-12 years)**

Week/Month: \_\_\_\_\_ Cycle Week: B Fall/Winter REVIEWED BY: \_\_\_\_\_ DATE: \_\_\_\_\_

	Under 3	3 to 5	6 to 12	MEALS	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>¼ CUP</b>	<b>½ CUP</b>	<b>½ CUP</b>	<b>Fruit, Juice or Vegetables</b>	Oranges	Strawberries	Apples	Mixed Fruit	Blueberries
	<b>¼ CUP or ½ Slice</b>	<b>1/3 CUP or ½ Slice</b>	<b>1/3 CUP or ½ Slice</b>	<b>Cereal, Bread or Alt</b>	English Muffins w/ butter	Kix	Oatmeal (CN)	Pancakes (CN) w/ syrup	Bagels w/ cream cheese
	<b>½ Cup</b>	<b>¾ Cup</b>	<b>1 Cup</b>	<b>Fluid Milk</b>	MILK	MILK	MILK	MILK	MILK
					Mac & Cheese (USDA D20)	Sloppy Joe (USDA F12)	Chicken Noodle Soup (USDA H10)	Pork Burritos (USDA D21)	Tuna & Noodles (USDA D17)
<b>LUNCH</b>	<b>1 Ounce</b>	<b>1½ Ounces</b>	<b>2 Ounces</b>	<b>Meat or Meat Alternate</b>	Shredded Cheese	Ground Beef	Diced Chicken	Ground Pork	Tuna
	<b>1/2 Slice</b>	<b>1/2 Slice</b>	<b>1 Slice</b>	<b>Bread or Alternate</b>	Whole Wheat Pasta	Whole Wheat Bun	Whole Wheat Pasta	Whole Wheat Tortilla	Whole Wheat Pasta
	<b>¼ CUP TOTAL</b>	<b>½ CUP TOTAL</b>	<b>¾ CUP TOTAL</b>	<b>Vegetable</b>	Mixed Veggies	Diced Onion & Tomato Paste	Carrots	Diced Onions & Tomato Paste	Green Beans
	<b>¼ CUP TOTAL</b>	<b>½ CUP TOTAL</b>	<b>¾ CUP TOTAL</b>	<b>Fruit</b>	Mixed Fruit	Pineapple	Pears	Apples	Oranges
	<b>½ CUP</b>	<b>¾ CUP</b>	<b>1 CUP</b>	<b>Fluid Milk</b>	MILK	MILK	MILK	MILK	MILK
<b>AFTERNOON SNACK</b> (Select 1 each from 2 different food groups)	<b>½ CUP ½ Ounce ½ Slice ½ CUP</b>	<b>½ CUP ½ Ounce ½ Slice ½ CUP</b>	<b>¾ CUP 1 Ounce 1 Slice 1CUP</b>	<b>Fruit, Juice, or Vegetable Meat or Alternate Bread or Alternate Fluid Milk</b>	Cheerios & Milk	Apple Crisp (USDA B19) & Milk	Graham Crackers & Milk	Broccoli w/ranch & Saltine Crackers	Banana bread & Milk

**USDA-CACFP Non-Discrimination statement: The benefits of the Child Care Food Program are available to all enrolled children at no separate charge without regard to race, color, national origin, gender, religion, age, disability, or political beliefs, and that anyone who believes they have been discriminated against should write immediately to the USDA Director, Office of Civil Rights, Room 326-W, Whitten Building, 14<sup>th</sup> and Independence Avenue, SW, Washington, DC 20250-9410 or Call 202-720-5964.**